



Hypothermia in Trauma

Situation

Our trauma patients are often (33%) **hypothermic** when they arrive in the ED. 2/3 of them remain hypothermic when they leave. In 21% we fail to record their temperature.

Background

Hypothermia is associated with **worse outcomes** in trauma.

Hypothermia is associated with reduced blood clotting.

NICE recommends: *Minimise ongoing heat loss in patients with major trauma*

Assessment

We need to do better and should be striving to keep these patients warm.

Recommendation

- 1/ Measure temperature on arrival.
- 2/ Keep the patient covered as much as possible. The trauma transfer mattress sheets are well insulated and very effective ***if used to cover the patient!***
- 3/ If giving blood - use the fluid warmer.
- 4/ Recheck temperature regularly.
- 5/ Consider using Bair Hugger post CT.

Jon Jones, West Yorkshire Major Trauma Network Clinical Lead
LTHT Major Trauma QI Lead